



Colonial Update



Shrewsbury High School Newsletter

Feb 2005

Dear Parents and Guardians:

Raising good, well-balanced kids is not easy!

Clinical psychologist Robert Evans shared this sentiment at Shrewsbury High School recently with about 140 parents, teachers, school committee members, and administrators in attendance. Echoing a theme in his new book, *Family Matters: How Schools Can Cope with the Crisis in Childrearing* (2004. Jossey-Bass Publisher), Dr. Evans suggested that harried parents and an American culture which undermines traditional family and school values have resulted in a surge of dependent and needy children.

Dr. Evans proposed that parents and schools must work more closely together to ensure students thrive in a caring environment that supports and encourages hard work, challenge, and balance. He spoke about the need for parents to provide three basic necessities for their children: *nurture*, *structure*, and *latitude*.

He suggested that nurture involves the natural love and affection children require to grow. But it is more than a warm hug. It's the handholding during a stormy night, a third story at bedtime, or the ability to stand on the sidelines and endure yet another soccer game on a rainy afternoon. It's the willingness to listen to your teenager prattle about friends' gossip and broken hearts. Nurturing a child requires time and patience, two ingredients that are difficult to come by in our hectic lives. But it's nurture that lays a strong foundation for the next important component, *structure*.

According to Evans, structure involves a frame or support system that provides guidance, imposes limits, and helps set direction and purpose. Parents and schools are responsible for establishing a structure for young people that will enable them to grow. Teens want to know there are limits to their behavior as much as they need an opportunity to explore the outer limits of the structure parents, teachers, and the community have established. Teens also need to know that they can influence their lives and the structure that sustains them. Establishing structure and demanding hard work at home and in school from children is difficult, tedious work. It is also another opportunity to show a young person how much we care.

If nurturing a young person provides a solid foundation for structure, *latitude* offers the opportunity for a child to learn from experience and to express herself. Providing latitude for children is a challenge for parents because parents must be willing to let their children struggle and even fail. We must allow our children the opportunity to learn from mistakes and to cope with disappointment. It's difficult to sit back and watch a child lose a playoff game or fail an exam. We want to be helpful, and we want to be involved. Sometimes, though, parents need to let children fail in order for them to become independent problem-solvers and to develop the resilience necessary to cope. Evans writes in his book: "Over the course of a lifetime, what builds a feeling of self-worth is choosing to face meaningful problems rather than avoiding them." (p. 32) The evening he spoke, Evans urged parents to allow our children latitude, the ability to struggle and to persevere within a context of caring (nurture) and clear expectations (structure).

Most high school parents I talk to recognize the need for nurture and structure, but they are concerned about the pressures their teens face in a world that is highly competitive and stressful. High stakes testing, pressure to engage in dangerous behavior, the college admissions process, and planning for a meaningful career have made parents anxious about their children's decisions and actions. We want them to become independent thinkers and problem solvers as long as they avoid mistakes!

In this high stakes environment we are often so worried for our child's future we become over protective and try to organize and engineer a comfortable present and successful future for them. None of us want our kids to fail. However, Evans is convinced that an inordinate amount of parental authority, guidance, and smothering will not empower our teens to learn and grow. Instead, he says, they will become overly dependent and not develop the maturity and resilience demanded in an increasingly complicated world. In fact, as the pressures increase, so does the need for a young person to develop problem solving skills and the independence required to flourish.

Raising well-balanced children and expecting high performance from them at home and in school is an awesome task for parents and teachers. Together we can support one another as we provide nurture, structure, and latitude for the young men and women who will soon become the leaders in our community and world.

I encourage you to view Dr. Evans' presentation on Channel 34 at the following days and times: Fridays at 4 p.m., Saturdays at 1:00 and 9:00 p.m., and Sundays at 1:00, 4:00, and 9:00 p.m. As always, I can be reached at 841-8808 or dgutekanst@shrewsbury.k12.ma.us.

Sincerely,

Daniel Gutekanst, Ed.D.
Principal

Colonial Update is ON-LINE!

Visit the SHS website at:
www.shrewsbury-ma.gov/schools/SHS/index.asp
Click on the Students-Parents Link.

The Shrewsbury High School community provides challenging, diverse learning opportunities; promotes creativity and independent thinking; and empowers students to become capable, caring, active contributors to the world in which they live.

FROM THE PARENT FORUM COORDINATORS

Thank you to the panel that ran our last Parent Forum meeting about Drugs, Alcohol and Teen Partying. Ken Largess, Pat Degan, Dave Curran and Marc Spitso, the staff representatives, and three recent graduates of SHS, gave parents some valuable insight on the subject. Freshmen and Sophomore parents please mark your calendars for our next Parent Forum meeting on February 17. Jamie Zona, Nick DiPilato and Dan Gutekanst will give us some insight on Looking Ahead at College.

ANNUAL TEACHER & STAFF APPRECIATION LUNCHEON

Monday, March 28

We will need volunteers to help make this event a success. Expect a call asking for help. Volunteers are needed for cooking, set up, clean-up and serving. This annual event is a big hit with the staff thanks to the hard work of the parents. If you know you can help, please call Penny McLaren at 842-0143 or Lisa Easson at 842-7133. Thank you!

PARENT FORUM MEETING

7:00 pm in the Commons (SHS)

• **DATE CHANGE: Thursday, February 17** - For Freshman and Sophomore Parents: Looking Ahead at College

PRINCIPAL'S COFFEE

7:45 am – check school office for location

Tuesday, February 8

Wednesday, March 16 (Conference Day)

Wednesday, April 13

Wednesday, May 11

VOLUNTEER OPPORTUNITIES

There are many opportunities for parents to become involved with Shrewsbury High School. Please contact any Parent Forum member or the individual listed if you are able to spare some time.

- **Attendance Office** - help contact parents of students who are listed as absent and have not called into the school with a reason. Call Beverly at 841-8807
- **Staff Appreciation Activities** - planning and executing March luncheon for the SHS Staff. Call Lisa at 842-7133..
- **Newsletter Collators** - meet one morning each

month to fold, tape, and attach address labels to newsletters in preparation for bulk mailing. Call Nancy at 842-4557.

• **Service Learning Activity Drivers** - help to transport students to various local service projects. Contact advisor Sarah Schmidt at sschmidt@shrewsbury.k12.ma.us.

Remember to stay involved and volunteer. Your participation truly strengthens SHS. We are interested in hearing your ideas, concerns and comments. Thank you for your continued support.

Warmly,

Nancy Donahue	842-4557
Lisa Easson	842-7133
Angela Grip	842-9104
Joanne Hubbard	842-4895
Karin Hutt	842-2392
Penny McLaren	842-0143
Laurie Neumann	842-7718
Deborah Peeples	842-8693
Regina Pialtos	842-7818
Kathleen Thompson	842-1827
Marianne Upton	842-4175



JUNIOR AFTER PROM PARTY UPDATE

May 7, 2005
Midnight to 5 AM

The first organizational meeting was held on January 11th for the **JUNIOR AFTER PROM PARTY**. We had a good turnout but are still looking for many more volunteers. This event is sponsored by the junior parents and is for all Juniors and their guest to attend a safe, drug and alcohol free night. We had many great ideas and are **WELCOMING ANYONE** who would like to be involved to make the night memorable for the **Class of 2006**.

Junior Class parents will soon be receiving a letter with more information and a request for a donation to help cover the cost.

The next two meetings of the Junior After Prom Party are **Wednesday, February 16th** and **Wednesday, March 2nd** at 7PM in the Commons.

Anyone that would like more information can contact Rita Innamorati at ritaann817@townisp.com or Terry Bolton at terrcar42@aol.com

Take a LOOK....

News from the Visual Arts Department

The **Main Street Galleries** at Shrewsbury High School are featuring works by a variety of courses. Of particular note is the wearing apparel "**Trash-ion**". Students have designed wearing apparel from a variety of everyday objects such as duct tape, Coke cans and plastic tablecloths. There is even a "Twister" game dress. Also on view are a series of works by Honors students relating to perspective: "**SHS interiors**". figure drawings and the study of positive and negative space, "**Chairs**". Some drawing from the mid year still life project are also on view. The **Third Floor Galleries** are now showing current Concentration pieces from the Advanced Placement Portfolio students. These are a series of works related by theme and or style. These students must complete 12 pieces for their exam in May. Also displayed are the symbolic masks created by Studio artists under the direction of Mrs. Fox. On exhibit in the **Commons Gallery** are personality boxes by Mrs. Fox's 3-D students. At the **Shrewsbury Municipal Employees Credit Union** is an ongoing show of work from the entire school district including students at SHS. Look for pieces from each course taught at the high school.

Boston Globe – Scholastic Art Competition
Shrewsbury High School sent 19 art works to the prestigious Scholastic Art Competition sponsored by the Boston Globe. This is the premier competition for middle and high school art students in the United States. There are regional competitions that award Gold and silver keys as well as honorable mentions. Gold and silver key work is on display at the State Transportation Building in Boston from January 24 through February 18th. Gold Key work and Portfolio nominees are then sent on to New York for the national judging. Each school in the commonwealth is eligible to send works, the number based on the school population.

CONGRATULATIONS to nine of our students whose work was recognized in the competition. They are...
GOLD KEY

Maria Pougatcheva, "The Romantic Pessimist",
Mixed Media

SILVER KEYS

Meng Le, "Pieces of Memory", Drawing
Jennifer McBride, "Sails". Mixed Media
Maria Pougatcheva, "Crystal Vase", Drawing
Sang Luu, "Self-Portrait", Drawing

HONORABLE MENTION

Alex Binder, "Cubist Birdhouse", Sculpture
Mariessa DeVincentis, "Cynosure", Drawing

PORTFOLIO NOMINEE

Meng Le

SPECIAL HONOR

Rachel Emerson, "Coyote", sculpture
Students will receive their awards at a special ceremony held at the John Hancock Tower, Boston on Sunday, February 13th.

Other News

Welcome to new visual arts staff member, *Mrs. Pamela LeBlanc*, who comes to us from nine years at Natick High School. A native and current resident of Shrewsbury, she brings with her valuable experience in photography and curriculum work. Dan Lodowsky, Sara DeAngelis and Alexa Padavano are sharing their art work with members of the **Shrewsbury Women's Club** at their meeting on Friday February 4th.

2005-06 SHS Program of Studies

Students will soon receive a copy of the new 2005-06 SHS Program of Studies (POS). The POS details program and course opportunities for the next school year. The staff has devoted a significant amount of work preparing a Program of Studies that reflects, as our mission states, "diverse, challenging learning opportunities" for all students. Students and parents should review course offerings prior to the week when students will select courses for the 2005-06 school year. The POS can also be viewed on the high school's website.

www.shrewsbury-ma.gov/schools/SHS/index.asp

Upcoming Calendar

02/09	School Committee Mtg.	TH	
07:00pm			
02/09	FR: Student Council Carnation Sale thru 2/14		
02/12	Speech&Debate-Nat'l Qualifer	Home	08:00am
02/12	Lip Sync Dance	Com	
07:00pm			
02/15	Speech & Debate	B300's	06:30pm
02/15	Special Town Mtg.	Aud	06:00pm
02/17	Black History Assembly	Aud	
TBA			
02/17	Parent Forum	Com	07:00pm
02/17	Junior College Night	Aud	07:00pm
02/17	NHS	PR	02:00pm
02/19	Speech & Debate-Harvard	Away	08:00am
02/20	Speech & Debate-Harvard	Away	08:00am
02/21	Speech & Debate-Harvard	Away	08:00am
02/21	Mid-Winter Vacation - NO SCHOOL		
02/22	Mid-Winter Vacation - NO SCHOOL		
02/23	Mid-Winter Vacation - NO SCHOOL		
02/24	Mid-Winter Vacation - NO SCHOOL		
02/25	Mid-Winter Vacation - NO SCHOOL		
02/26	Speech & Debate	Away	08:00am
03/01	FR:Freshmen Candy Sale thru 3/24		
03/01	Mid Winter Concert	Aud	07:30pm
03/01	Speech & Debate	B300's	06:30pm
03/02	School Committee Mtg.	TH	
07:30pm			
03/02	Freshman Math Meet	Away	03:00pm
03/02	American Red Cross Blood Drive		07:00am
03/02	FT: Greendale Men's Club	Away	09:00am
03/03	NHS	PR	02:00pm
03/03	Curriculum Night - 8th grade	Aud	07:00pm
03/04	3rd Mid Quarter Ends		
03/04	Speech & Debate Set-up	Com	02:00pm
03/05	Speech & Debate Mardi-Gras		06:30am
03/06	Winter Sports Night	Aud	07:00pm

Please note that dates and times are subject to change.

Aud - Auditorium

Com - Commons

SHS Tsunami Fundraiser

SHS Students are selling blue silicone wristbands for \$2.00 each to raise money to Tsunami relief. The proceeds will go to the American Red Cross Tsunami Relief Fund. This is a great way for the SHS community to be involved in helping the victims of this disaster. Please show your support by purchasing and wearing a blue wristband.

A Word from your Newsletter Coordinator:

The deadline for the March Issue of Colonial Update is **Monday, February 28, 2005**. Due to the Mid-Winter Vacation, there will be no deadline extensions for the March Newsletter. To ensure your article is included, please submit your contribution on or before the due date. Email all articles for Colonial Update to **shsupdate@aol.com** in Word format. Attachments or articles on disk/CD may be dropped off in the Colonial Update mailbox in the SHS main office. If you have any questions, please email me prior to the due date at **shsupdate@aol.com**.

Thank you,

Jean Sullivan
Newsletter Coordinator
shsupdate@aol.com

**SHS ATHLETIC BOOSTER
MEMBERSHIP DRIVE:**

It's not too late to join...remember seniors who are members are eligible for the annual drawings of scholarships..and membership supports the athletics at SHS!!!

Mail to : Diane Tonelli, 577 Grafton St. Shrews

2004-05 MEMBERSHIP FOR SHS ATHLETIC BOOSTERS ASSOC.

Name: _____

Address: _____

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Student Name: _____ Grad year: _____

Student Name: _____ Grad year: _____

Dues:(per family)\$10.00: _____

donation: _____



OWN THE NEW SHREWSBURY CAT'S MEOW COLLECTIBLE

THE SUMNER HOUSE

This colorful wooden replica of the Sumner House will be a favorite with local collectors. The Sumner House is located in Shrewsbury's Town Center next to the common.

About the Sumner House:

Reverend Joseph Sumner, the second minister of the First Congregational Church, commissioned the original house in 1797. This Federal Colonial is listed on the National Historic Register and is currently a bed and breakfast owned and operated by innkeepers Bill and Ellen Glascock.

How to Purchase:

Cost - \$25

(A portion of the proceeds will support the Shrewsbury Historical Society.)

ORDER FORM

Sumner House Cat's Meow

Name _____

Address _____

Home phone _____

_____ No. of Cat's Meows @ \$25.00 each

_____ Total cost

Make checks payable to:

Shrewsbury Historical Society

Send to:

Shrewsbury Historical Society

Box 641, Main Office

Shrewsbury, MA 01545.



Greetings from the SHS Alumni Association

Speak at Career Day: Wednesday, March 9

Speak with more than 100 presenters, who will give several 30-minute presentations, on Wednesday, March 9, at Shrewsbury High School. On this school-wide Career Day, students will have an opportunity to find out about professions of interest.

<http://www.shrewsburyalumni.org/careerday.htm>

Become an Internship Mentor

From April 25-May 30, seniors will take part in internships at area businesses under a new program designed and led by the Guidance Department. If you'd like to sign up to become an advisor to mentor and monitor a student's progress at a local business once a week,

email: info@shrewsburyalumni.org.

Class of 94 Reunion Photo Album Now Online

<http://www.shrewsburyalumni.org/photoalbum1994.htm>

Shrewsbury High School Alumni Association



Scholarship Announcement

Shrewsbury High School Alumni Association is offering a scholarship for Shrewsbury High School seniors who have overcome challenges or adversities in their life.

See your guidance counselor for details.

DEADLINE MARCH 1